ONTARIO
CARROTS
Ministry of
Agriculture
and Food
ONTARIO

While some vegetables come and go with the seasons, Ontario carrots are available year 'round.

During the summer months, Ontario carrots are harvested at the peak of perfection. At this time, some are sold as bunching carrots (with their tops). However, most are sold as topped carrots (without their tops). The majority of topped carrots are stored under cool, humid conditions and packaged and sold in plastic bags throughout the year. Look for them with the Foodland Ontario symbol; it's your guide to quality.

Buying

Choose well formed, smooth, firm carrots with a bright orange colour. Avoid oversized carrots since they could have a hard pithy core. Deep green "shoulders" indicate a bitter flavour. A pound (454 g) of prepackaged carrots usually yields 2½ cups (625 mL) of diced or shredded carrots.

Storage

To keep fresh at home, leave topped carrots in their original bag, refrigerate, and use within several weeks. With bunching carrots, remove the green tops because they draw water from the carrots and cause wilting and toughening. Keep these carrots in a tightly closed plastic bag. Refrigerate and use within 2 weeks.

Use

Raw or cooked, sliced, diced or julienne carrots are a winner for their flavour, vibrant colour and unique texture. They're economical, easy to prepare, ideal for lunch box treats, as well as salads, stir fries, soups and tasty desserts.

Nutrition

One whole, medium, raw carrot is an excellent source of vitamin A, yet contains only 20 calories.

Cooking

For 4 servings, peel or scrub carrots, then slice enough for 3 cups. Add carrots to a small amount of boiling water. Cook, covered, for 12 to 15 minutes or until tender-crisp. Drain and serve.

Cream of CARROT SOUP

¼ cup	butter, melted	50 mL
1	medium onion, chopped	1
1 clove	garlic, chopped	1
3 cups	sliced Ontario Carrots (6 medium)	750 mL
1	potato, peeled and diced	1
1 can	chicken broth (10 oz/284 mL)	1
1 soup can	water	1
¾ tsp	salt	3 mL
½ tsp	dried tarragon leaves	2 mL
¼ tsp	white pepper	1 mL
1 cup	milk	250 mL

Sauté onion and garlic in butter 5 minutes. Add carrots and potatoes; stir to coat with butter. Add chicken broth, water, salt, tarragon and pepper. Simmer, covered, over medium heat 15 minutes, until vegetables are well cooked. Purée soup in batches, in blender or food processor until smooth. Pour back into saucepan. Stir in milk. Heat and serve. Makes 4 to 6 servings. (Recipe featured on cover.)

CARROT GRATIN

3 cups	julienne Ontario Carrots (5 medium)	750 mL
1 cup	chicken stock	250 mL
2 tbsp	butter	25 mL
2 tbsp	all-purpose flour	25 mL
¾ cup	milk	200 mL
½ tsp	dry mustard	2 mL
¼ tsp	salt	1 mL
¼ tsp	dried basil leaves	1 mL
⅛ tsp	white pepper	0.5 mL
1 tbsp	bread crumbs	15 mL
1 tbsp	Parmesan cheese	15 mL
1 tsp	melted butter	5 mL

Cook carrots, covered, in chicken stock until tender-crisp, 8 to 10 minutes. Drain and reserve remaining stock. Place carrots in 4 cup (1L) casserole dish.

In small saucepan, melt butter, stir in flour and blend. Stir in milk, reserved chicken stock, mustard, salt, basil and pepper. Cook over medium heat until sauce thickens. Simmer 2 minutes longer. Pour sauce over carrots.

Toss bread crumbs, cheese and melted butter together. Sprinkle over carrots and sauce. Bake at 375°F (190°C) 25 minutes. Makes 4 servings.

CARROT SOUFFLÉ

3 cups	sliced Ontario Carrots (6 medium)	750 mL
2	eggs, separated	2
½ cup	sour cream	125 mL
2 tbsp	butter	25 mL
2 tbsp	honey	25 mL
¼ tsp	salt	1 mL
¼ tsp	nutmeg	1 mL

Cook carrots, covered, in small amount of boiling water 10 to 15 minutes, until soft and very tender. Drain carrots and mash, or purée in blender or food processor. Beat egg yolks, sour cream, butter, honey, salt and nutmeg into carrot purée until well blended.

Beat egg whites until stiff. Carefully fold into carrot mixture. Pour into greased 4-cup (1L) casserole dish. Bake at 350°F (180°C) 40 minutes. Serve immediately. Makes 4 servings.

CARROT ZUCCHINI Stir-Fry

1 tbsp	butter	15 mL
1 tbsp	vegetable oil	15 mL
2 cups	julienne Ontario New Carrots (3 medium)	500 mL
¼ cup	water	50 mL
1 tbsp	butter	15 mL
1 cup	julienne zucchini (2 medium)	250 mL
¾ cup	sliced mushrooms (8 medium)	200 mL
4	green onions, chopped	4
½ tsp	ground ginger	2 mL
¼ tsp	salt	1 mL
⅛ tsp	pepper	0.5 mL

Stir-fry carrots 2 minutes in 1 tbsp (15 mL) each of butter and oil in skillet or wok. Add water, cover and simmer 3 minutes. Remove lid. Add remaining butter, zucchini, mushrooms, green onions, ginger, salt and pepper. Stir-fry 5 minutes. Serve immediately. Makes 4 to 6 servings.

VARIATION: For an easy barbecue idea, divide vegetables equally amongst 4 to 6 squares of aluminum foil. Place 1 tsp (5 mL) butter on each one. Combine ginger, salt and pepper and sprinkle evenly over vegetables. Tightly close each package. Barbecue 3 inches (7 cm) above hot coals 6 minutes. Turn packages and barbecue 6 minutes on second side.

CARROT SOUFFLÉ

3 cups	sliced Ontario Carrots (6 medium)	750 mL
2	eggs, separated	2
1/2 cup	sour cream	125 mL
2 tbsp	butter	25 mL
2 tbsp	honey	25 mL
1/4 tsp	salt	1 mL
1/4 tsp	nutmeg	1 mL

Cook carrots, covered, in small amount of boiling water 10 to 15 minutes, until soft and very tender. Drain carrots and mash, or purée in blender or food processor. Beat egg yolks, sour cream, butter, honey, salt and nutmeg into carrot purée until well blended.

Beat egg whites until stiff. Carefully fold into carrot mixture. Pour into greased 4-cup (1L) casserole dish. Bake at 350°F (180°C) 40 minutes. Serve immediately. Makes 4 servings.

CARROT ZUCCHINI
Stir-Fry

1 tbsp	butter	15 mL
1 tbsp	vegetable oil	15 mL
2 cups	julienne Ontario New Carrots (3 medium)	500 mL
1/4 cup	water	50 mL
1 tbsp	butter	15 mL
1 cup	julienne zucchini (2 medium)	250 mL
3/4 cup	sliced mushrooms (8 medium)	200 mL
4	green onions, chopped	4
1/2 tsp	ground ginger	2 mL
1/4 tsp	salt	1 mL
1/8 tsp	pepper	0.5 mL

Stir-fry carrots 2 minutes in 1 tbsp (15 mL) each of butter and oil in skillet or wok. Add water, cover and simmer 3 minutes. Remove lid. Add remaining butter, zucchini, mushrooms, green onions, ginger, salt and pepper. Stir-fry 5 minutes. Serve immediately. Makes 4 to 6 servings.

VARIATION: For an easy barbecue idea, divide vegetables equally amongst 4 to 6 squares of aluminum foil. Place 1 tsp (5 mL) butter on each one. Combine ginger, salt and pepper and sprinkle evenly over vegetables. Tightly close each package. Barbecue 3 inches (7 cm) above hot coals 6 minutes. Turn packages and barbecue 6 minutes on second side.

CARROT CABBAGE
Slaw

4 cups	grated Ontario Carrots (9 medium)	1 L
1/2	small cabbage, thinly sliced (2 cups/500 mL approximately)	1/2
1	small onion, chopped	1
1/2 cup	mayonnaise	125 mL
1/2 cup	sour cream	125 mL
3/4 tsp	dried dill weed	3 mL
1/2 tsp	salt	2 mL
1/8 tsp	pepper	0.5 mL

Mix carrots, cabbage and onion in large salad bowl.

To make dressing, combine mayonnaise, sour cream, dill weed, salt and pepper. Pour dressing over vegetables and mix thoroughly. Makes 8 servings.

Marinated
CARROT SALAD

3 cups	sliced Ontario Carrots (6 medium)	750 mL
1/3 cup	red wine vinegar	75 mL
1	small onion, chopped	1
1 clove	garlic, chopped	1
5	peppercorns	5
1	bay leaf	1
1/2 tsp	salt	2 mL
1/2 tsp	dried crushed red pepper flakes	2 mL
1/4 tsp	dried oregano leaves	1 mL
1/4 tsp	celery seed	1 mL
1/3 cup	vegetable oil	75 mL
1/4 cup	grated mozzarella cheese	50 mL

Cook carrots, covered, in small amount of boiling water 5 minutes. Drain. In shallow dish, mix red wine vinegar with onion, garlic, peppercorns, bay leaf, salt, red pepper, oregano and celery seed. Add carrots and combine all ingredients together. Leave at room temperature 1 hour, tossing frequently.

Pour oil over salad and mix well. Refrigerate, covered, 4 hours.

Remove bay leaf and discard. Using slotted spoon, remove salad from dish and place on serving platter. Garnish with grated cheese. Makes 4 servings. (Recipe featured on cover.)

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CARROT and BEEF Ragout

1 tbsp	butter	15 mL
1 tbsp	vegetable oil	15 mL
2	onions, chopped	2
1	large clove garlic, chopped	1
1 lb	beef round steak, or stewing beef cut in 1-inch (2.5 cm) cubes	500 g
1 cup	sliced mushrooms (10 medium)	250 mL
1½ cups	beef stock	375 mL
3 tbsp	tomato paste	50 mL
1 tbsp	Worcestershire sauce	15 mL
1	bay leaf	1
¼ tsp	dried tarragon leaves	1 mL
¼ tsp	dried marjoram leaves	1 mL
¼ tsp	salt	1 mL
⅛ tsp	pepper	0.5 mL
3 cups	sliced Ontario Carrots (6 medium)	750 mL
½ cup	frozen peas	125 mL
½ cup	frozen kernel corn	125 mL

In large skillet, sauté onions and garlic in butter and oil over medium heat 5 minutes. Add beef and brown 10 minutes. Stir in mushrooms and continue browning 5 minutes longer. Add next eight ingredients. Simmer, covered, over low heat 1 hour. Add carrots and simmer, covered, 10 minutes. Stir in frozen peas and corn and simmer 5 minutes. Serve over creamy mashed potatoes. Makes 4 servings.

BRANDIED CARROTS

3 cups	sliced Ontario Carrots (6 medium)	750 mL
2 tbsp	butter	25 mL
1 tbsp	brown sugar	15 mL
2 tbsp	Ontario brandy	25 mL
½ tsp	salt	2 mL
½ tsp	dried chervil	2 mL
⅛ tsp	pepper	0.5 mL

Cook carrots, covered, in small amount of boiling water 5 minutes. Drain and return to saucepan. Add butter, brown sugar, brandy, salt, chervil and pepper to carrots. Stir together and simmer over low heat 5 minutes. Makes 4 servings.

CARROTS and ONIONS with Herbed Sauce

4	medium onions, unpeeled	4
3 cups	sliced Ontario Carrots (6 medium)	750 mL
2 tbsp	butter	25 mL
1 tbsp	chopped onion	15 mL
1 tsp	dried parsley flakes	5 mL
½ tsp	dried dill weed	2 mL
½ tsp	dry mustard	2 mL
½ tsp	sugar	2 mL
¼ tsp	salt	1 mL
⅛ tsp	white pepper	0.5 mL
½ cup	yogourt	125 mL

Steam onions for 15 minutes. Add carrots and steam vegetables together 15 to 20 minutes longer, until tender. Remove to serving platter. Peel onions and keep vegetables warm while preparing sauce.

Sauté chopped onion in butter 5 minutes. Add remaining ingredients, except yogourt. Continue to cook 2 minutes. Stir in yogourt and heat, but do not boil. Pour over vegetables and serve immediately. Makes 4 servings.

CARROT OATMEAL Muffins

1 cup	grated Ontario Carrots (3 medium)	250 mL
1 cup	all-purpose flour	250 mL
1 cup	oatmeal	250 mL
½ cup	brown sugar	125 mL
3 tbsp	wheat germ	50 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
½ tsp	cinnamon	2 mL
1 cup	buttermilk	250 mL
¼ cup	melted butter	50 mL
1	egg	1
1 tsp	vanilla	5 mL

Mix carrots, flour, oatmeal, brown sugar, wheat germ, baking powder, baking soda, salt and cinnamon in bowl. Beat buttermilk, melted butter, egg and vanilla together in second bowl. Add liquid ingredients to dry ingredients and stir until moistened. Spoon into greased muffin cups. Bake at 400°F (200°C) 20 minutes. Makes 12 muffins.

Glazed CARROTS and APPLES

3 cups	diagonally-sliced Ontario Carrots (6 medium)	750 mL
2 tbsp	butter	25 mL
¼ cup	corn syrup	50 mL
1 tbsp	lemon juice	15 mL
½ tsp	salt	2 mL
6	medium apples, peeled and chopped	6

Cook carrots in boiling salted water until tender-crisp, 5 to 8 minutes. Drain.

Melt butter in large frying pan over medium heat. Stir in corn syrup, lemon juice and salt. Add carrots and apples. Simmer for 3 to 5 minutes, until apples are tender, stirring occasionally. Makes 6 servings.

Five-Minute Special Preparations for Cooked Carrots

Cooked Ontario carrots are delicious au naturelle, but for a change of pace, try one of the following quick and easy special preparations.

Glazed – stir in honey or maple syrup and a dash of nutmeg.

Oriental – stir in chopped green onion, soya sauce and a sprinkle of dried ginger.

Herbed – add a little melted butter, a dash of lemon juice and a combination of herbs, such as basil and oregano. Toss with Parmesan cheese, and serve.

Creamed – stir in sour cream and top with chopped parsley.

Minted – add chopped fresh or dried mint and melted butter. Toss.

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Good things grow in Ontario.

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